

VITALITY WEEK

Last September during the **Vitality Week**, **EDGE Workspaces** gave their members the opportunity to check and improve their own health and vitality. With 4 different seminars and free Health Checks, the goal was to increase awareness about mental and physical health.

Results from one of our clients

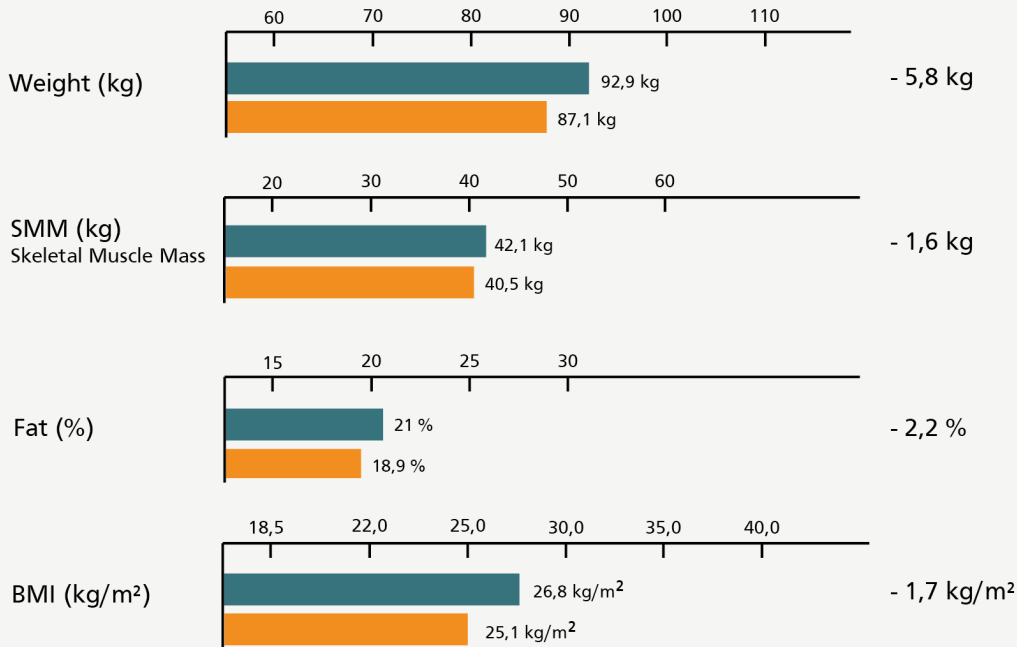
Male, 37 years. Job: Country Manager NL

Goal: Getting fit again after corona and an inactive summer

Period: 6 weeks

Before ●

After ●



Reviews

“Accessible and quick, with clear health insights, perfect for during work”

“With the new insight into my health and Vitality, my colleagues and I feel more motivated to improve our health and vitality, since we are able to see the difference clearly now”

“Recommended? **YES!** Why? It is valuable to become more aware of your health”

“10 min health check is perfect for at the office”

Health Check



More than 95% of the participants are satisfied with the service and the Health Check



80% of the participants have indicated that they would like to come back within 6 months



1 out of 3 returned within 6 weeks

Testimonial EDGE Workspaces

Coming Soon